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Read the Label for Health

The Nutrition Facts Label is where you will find all the nutrition related information of your food product. It provides you with information on serving size, calorie content, and percent daily value of nutrients. It is your one stop shop for determining the quality of your food.



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. For more information on the Supplemental Nutrition Assistance Program (SNAP), please contact your local Social Services office.

For more information on stretching your food dollars, contact your local SDSU Extension office or the State Office at 605-688-4440.

South Dakota State University, South Dakota counties and USDA cooperating. South Dakota State University adheres to AA/EEO guidelines in offering educational programs and services.

Recipes from: <https://whatscooking.fns.usda.gov/>

Content from: <https://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm>

Tips and Tricks

Here are some easy ideas to help you choose healthier by looking at the Nutrition Facts Labels. The information at the top contains specific information (serving size, calories, and nutrient information). The bottom contains the Daily Values (DVs) for 2,000 and 2,500-calorie diets.

① **Start Here** →

Nutrition Facts	
Serving Size	1 cup (228g)
Servings Per Container	2

② **Check Calories**

Amount Per Serving	
Calories	250
Calories from Fat	110

③ **Limit these Nutrients**

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%

⑥

Quick Guide to % DV

④ **Get Enough of these Nutrients**

Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

• 5% or less is Low

• 20% or more is High

⑤ **Footnote**

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Many Americans consume too many calories so paying close attention to this section can help you maintain your weight.

- 40 Calories is Low
- 100 Calories is Modest
- 400 Calories is High



All percent daily values are based on a 2,000 Calorie diet. This Calorie level may or may not be the appropriate Calorie level for you. A percent daily value of 5% or less is low, 20% or more is high. You will not find a percent daily value for Trans fat, Sugars, or Protein.



Cauliflower Shells with Cheese

Yield: 7 servings

Ingredients:

1 pound whole wheat pasta shells
8 cups water
2 cups chopped cauliflower
1 1/2 cups milk, non-fat
1 teaspoon garlic salt
1 cup flour
1/4 cup vegetable oil
1 cup cheese, low-fat

Instructions:

Fill a pot with 6 cups of water and bring to a boil. Once the water is boiling, add pasta and cook for 8 minutes. Drain pasta and fill the same pot with 2 cups of water, bring to a boil. Place the chopped cauliflower in the boiling water and cook until the florets are soft (about 4 minutes). Drain cauliflower. Place the cooked cauliflower, 1/2 cup milk, and garlic salt in a blender and blend until smooth. In a separate pot, heat oil. Add the flour and whisk until the mixture is smooth. Add 1 cup of milk and cook the mixture until it bubbles and thickens. Add the cheese and cauliflower and mix. Once the mixture is complete, remove from heat. Add the pasta back into the sauce and serve.

Nutritional Information per serving:
Total Calories 409; Total Fat 10g; Protein 18g; Carbohydrates 66g; Dietary Fiber 6g; Saturated Fat 2g; Sodium 136mg

Cost per recipe: \$4.64
per serving: \$0.66



Pineapple Pork

Yield: 4 servings

Ingredients:

1 green pepper (medium)
4 pork chops (boneless, about 1 pound)
1/8 teaspoon salt
1 tablespoon vegetable oil
1 can pineapple chunks (8-ounce, undrained)
1/4 teaspoon ginger
1/4 teaspoon cinnamon

Instructions:

Cut the green pepper into strips. Heat the oil in a large skillet. Place pork chops on the heated skillet. Sprinkle the salt on top. Cook the pork for about 5 minutes on low heat on each side, to 160 degrees. Remove the cooked pork from the skillet. Place it in a serving dish. Put the green pepper slices in the skillet. Stir in pineapple chunks with their juice. Stir in the ginger and cinnamon. Simmer for about 3-5 minutes. Spoon the pineapple mixture over cooked pork.

Nutritional Information per serving:
Total Calories 203; Total Fat 7g; Protein 24g; Carbohydrates 11g; Dietary Fiber 1g; Sodium 125mg

Cost per recipe: \$5.33
per serving: \$1.33





Cost per recipe: \$6.13
per serving: \$0.77



Cost per recipe: \$3.14
per serving: \$0.26

Un-fried Chicken

Yield: 8 servings

Ingredients:

4 pounds chicken pieces, skin removed
8-ounces yogurt, non-fat plain
1 1/2 cups bread crumbs (or crushed cereal)
non-stick cooking spray

Instructions:

Preheat oven to 325 degrees. Coat chicken with yogurt. Roll in breadcrumbs or crushed cereal. Spray baking sheets with non-stick cooking spray and place chicken pieces on them. Bake 1 hour, turning chicken pieces after first 30 minutes. Serve. Refrigerate leftovers.

Note: Marinating the chicken in yogurt for 20 minutes in the refrigerator to increase moisture in the chicken. Adding herbs such as dill, garlic, pepper or thyme to the breadcrumbs will add variety.

Nutritional Information per serving:
Total Calories 350; Total Fat 7g; Protein 52g; Carbohydrates 17g; Dietary Fiber 1g; Sodium 430mg

Awesome Granola

Yield: 12 servings

Ingredients:

3 cups oatmeal (uncooked)
1/2 cup coconut (shredded or flaked)
1 cup pecans (chopped, walnuts or peanuts)
1/4 cup honey
1/4 cup margarine (liquid)
1 1/2 teaspoons cinnamon
2/3 cup raisins

Instructions:

Heat oven to 350° F. Combine all ingredients, except raisins, in a large bowl. Mix well. Bake in 13x9 inch baking pan at 350°F for 25- 30 minutes or until golden brown. Stir every 5 minutes. Stir in raisins. Cool thoroughly. Store in tightly covered container.

Nutritional Information per serving:
Total Calories 240; Total Fat 13g; Saturated Fat 3g